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and groups promoting nutrition education

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(To House Organ Editors: These articles may be included in your plant publi-
cation. Select those which will interest your readers-ed.)

FOOD NEWS

Foods of the month

Poultry will be plentiful in December. Civilians who got scarcely a whiff of the traditional turkey last year will find turkeys in the markets throughout the month. Roasting chickens also will be plentiful. Cabbage, carrots, and white potatoes will continue to be abundant throughout the country. Fresh topped beets will be found in the markets in the Midwest and Northeast.

Good news for workers

Many industrial plants will take advantage of the plentiful supply of tom turkeys. Turkey plates and hot turkey sandwiches will be served in plant cafeterias. Remember that turkey and chicken are good buys in food value as well as in satisfaction. Protein, iron, and the B vitamins are found in poultry, and more niacin is found in poultry than in most other meats.

Beets for color and food value

The red, red beet is one of the most colorful of vegetables. It contributes minerals, especially iron, to the diet, as well as plenty of eye appeal to the meal. As beets are usually cooked in their skins, there is little loss of minerals during cooking.



TAKE HOME IDEASTurkey talk

Get a large tom turkey if the family is gathering together for Christmas. There'll be plenty of delicious hot turkey for the big dinner, and there'll be cold turkey for another meal. If your family is small, you may be able to purchase a half-turkey--available in some cities. It should be roasted just like a whole bird.

If stuffed turkey or roast chicken is the order of the day, the following suggestions for preparation and roasting the birds are worth noting.

Selection

- 1. Select a young, well-fat-tened bird for roasting..
- 2. Allow for each person to be served: $3/4$ to 1 pound (dressed weight) of turkey.

Preparation

- 3. Clean the bird well. Pull out the pinfeathers, and singe the bird to remove the hairs.

Stuffing and Trussing

- 4. Rinse the bird thoroughly inside and out. The skin may be rubbed with a little corn meal to cleanse it.
- 5. Before stuffing, rub the inside of the bird with salt.
- 6. Fill the body cavity with stuffing. Allow about 4 cups of bread crumbs for a 5-pound roasting chicken (dressed weight), and 12 cups (3 quarts) for a 14-pound turkey, (dressed weight.) Be sure to allow room for the stuffing to expand during roasting.
- 7. Tie the legs and wings close to the bird, and fold the neck skin toward the back and fasten. 1/

Roasting

- 8. Rub the outside of the bird with fat.
- 9. Place the bird breast down on a rack in a shallow uncovered pan. Turn the bird from one side of the breast to the other, as it roasts, to insure even cooking.
- 10. Roast the bird at a constant temperature of about 300° F. until the flesh is tender.
- 11. Allow about 30 minutes of roasting time per pound for chickens weighing 4 to 5 pounds.
- 12. Allow about 20 minutes of roasting time per pound for medium weight turkeys, and 15 to 18 minutes for heavy turkeys.

1/ For full directions for trussing and roasting poultry see "Poultry Cooking," Farmers' Bulletin No. 1888, U.S. Department of Agriculture. Available from the Superintendent of Documents, Washington 25, D. C. Price 10¢ per copy.

Cooking beets at home

Beets are one of the most colorful vegetables when they are prepared properly. To retain the bright red color and fine flavor of fresh beets, prepare them as follows:

1. Wash the beets thoroughly, leaving on the rootlets and about 2 inches of the stems.
2. Start cooking the beets in enough boiling water to loosen the skins. Cook the beets until tender in a covered container.
3. Drain the beets and cover them with cold water to loosen the skins.
4. Slip off the skins, rootlets, and stems.
5. Slice or dice the peeled beets and season them with butter, fortified margarine, or meat drippings, and salt and pepper to taste.
6. Vary the flavor occasionally by serving the beets with vinegar or lemon, or with a "Harvard" sauce.

Shredded beets and sliced pickled beets are good in salads. Keep the beets in a separate mound as they will color other salad materials.

HEALTH NOTES

If you were a regular blood donor during the war you should be careful to keep the supply of material for red blood cells ahead of your body's demand. To do this you should get a good supply of iron and protein in your food.

Meats, eggs, and leafy green vegetables are excellent sources of iron. Potatoes and beets contain considerable amounts. Whole-grain cereal and enriched bread will also add iron to your diet. Eat a good healthful breakfast, an egg a day, and a protein-rich dish for lunch and dinner every day.



ROOM FOR IMPROVEMENT

In four war plants in the Chicago area 1,102 luncheon trays, checked by the Illinois State Health Department, showed that only 8 percent of the workers chose meals judged as adequate, 21 percent chose borderline meals and 71 percent purchased totally inadequate meals. In another survey of the food selected by 1,020 workers in a 24-hour period it was found that 28 percent of the workers had no milk with any meals, 22 percent no green vegetables. In checking the breakfasts eaten by war workers in the San Francisco Bay area in 1943 it was found that of 552 workers interviewed, 61 (11.5 percent) had eaten no breakfast; of those who had, 64 percent of the breakfasts were rated as poor and only 14 percent as good. Another check of the same area showed that, of those bringing their lunches to work, 92 percent of the women and 82 percent of the men had meals classified as "not good." Other surveys of this type have been made and they all indicate a need for improvement.

There is no question that the worker who limits his breakfast to coffee and doughnuts and follows this with a poor lunch will find it almost impossible to make up his food deficit in his one remaining meal in the evening.

Both "Industrial Nutrition Service" and "Serving Many", are available to industrial plants, free upon request.

In addition to this service, a staff of Industrial Feeding Specialists is available to help industrialists and their food operators solve their mass feeding problems. Services of the specialists are free upon request. The following form is for your convenience.

REQUEST FOR INDUSTRIAL FEEDING SPECIALIST'S SERVICES

Plant Name _____ Address _____

Official to see _____ Title _____

Check Service Desired

Installation or expansion of
feeding facilities

☐

Menu planning

☐

Efficient operation

☐

Nutrition education program
for better health and
efficiency of workers.

☐

APPLICATION FOR INDUSTRIAL NUTRITION SERVICE AND SERVING MANY

____ Please place my name on the mailing list for the "INDUSTRIAL
NUTRITION SERVICE"

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5 South Wabash Avenue
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